

MRS. WILSON ORDERS MEALS FOR THREE DAYS THIS WEEK

Careful Marketing Is Half the Secret of Being a Successful Housewife—Dumplings With Beef Stew Are Good

By MRS. M. A. WILSON (Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.)

TO PUT off the marketing until the last minute, and then decide in a haphazard way, not only makes for waste, but frequently, under these conditions, the food purchased fails to supply the needed nutrition.

The Holland Dutch household of New York knew that the early bird caught the finest worms and that the haggard found the little ones and left-over that the early birds had desisted to eat.

The woman who puts off purchasing the needed foods usually consoles herself with a thought that the butcher will keep something for her or that she will pick up a bargain—and so on. The fact is, that a carefully planned menu is not a fad, but a vitally necessary thing today, if one does not have unlimited resources; and to arrange this menu so that it will provide for each member of the family cannot be done while you snap the fingers. Arrange a menu to suit the family, note the quantity desired and estimate the price beside each item, then take real pride in your steward's work.

Just a short time ago, I met a woman who was complaining that she was unable to feed her family upon her allowance, and she loudly bemoaned the fact. Upon careful inquiry, I found that she shopped something in this manner: About 1:30 in the afternoon she left home, on her way to the movies, and she would pick up a few things, and about 4:30 would rush wildly about gathering up what she thought would be necessary. Then, on a Saturday evening, she made two journeys to the shops for last-minute purchases, and there are five people in this woman's family—hence the following Saturday I planned and marketed for this menu and she frankly told me that I not only saved her \$4.50 in actual money, but the food was better and there was more of it.

On Friday afternoon we went to market and selected:

- One and one-half pounds of shin beef.
Shoulder and three-quarters pound of shoulder of lamb.
One dozen eggs.
One-quarter peck of potatoes.
Two heads of lettuce.
Four tomatoes.
One-half pound of cheese.
One package of macaroni.
One-half dozen oranges.
One-half dozen bananas.
One pound of grapes.
One-quarter peck of apples.
One carrot.
One pint of onions.
One stalk of celery.
One quart of string beans.
Five ears of green corn.
Three green peppers.
One pint of lima beans.

And then we planned the following menu:

- SATURDAY BREAKFAST: French Toast, Cereal and Cream, Macaroni, Cheese Sauce, Apple Tarts, Cocoa.
LUNCHEON: Tomato Salad, Macaroni, Tomato Salad, Cocoa.
DINNER: Beef Stew With Dumplings, Baked Rice, String Beans, Apple Cake, Coffee.
SUNDAY BREAKFAST: Sliced Oranges, Cereal and Cream, Syrup, Coffee.
DINNER: Roast Shoulder of Lamb, Brown Gravy, Potatoes, Corn, Banana Fritters, Lettuce, Vanilla Sauce, Coffee.
SUPPER: Deviled Eggs.

Menu Contest Honor List

Mrs. Grace Maner, 3930 Helleman Street, Talcott, Pa.

- Baked Meat Loaf, Brown Gravy, Mashed Potatoes, Lettuce With Tomatoes, Bread, Butter, Tea, Lemon Gelatin.
SALES SLIP: Two pounds ground meat, One quart corn, One onion, Two pounds small new potatoes, Two eggs for noodles, One-half pound of flour, One-half pound of sugar, One quart milk, One dozen peaches, Tea and sugar.

Mrs. J. Udowitz, 707 South Eighth Street

- Grilled Fishes and Milk, Lettuce, Tomatoes, Bread, Stewed Peaches.
SALES SLIP: Two pounds carp, One onion, Two tablespoons cracker dust, One onion, Two pounds small new potatoes, Two eggs for noodles, One-half pound of flour, One-half pound of sugar, One quart milk, One dozen peaches, Tea and sugar.

Mrs. F. Marcantonio, Wayne, Pa.

- Elbow Macaroni With Cheese and Tomato Gravy, String Beans, Potatoes, Cucumber Salad, Peaches, Bread, Butter, Coffee.
SALES SLIP: Elbow macaroni, Salt, Pepper, Cheese, Tomatoes, One-quarter peck string beans, Eight potatoes, Four small cucumbers, Vinegar, Salad oil, Mustard and pepper, Onion juice.

Prize Menu Contest?

What about your dinner for the week? Have you sent it in?

Three prizes are offered each week for the best menu for a dollar-and-a-half dinner for four people.

YOUR FULL NAME must be given and correct address on the menu. Also the date of sending it. The foods used must be staples and in season, and a sales-slip giving the cost of all materials must be included.

The prizes are: First, \$2.50; second, \$1; third, \$1. Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square.

- Baked Macaroni and Cheese, Mince Green Pepper Sandwiches, Sliced Tomatoes, Sliced Oranges and Bananas, Tea.
MONDAY BREAKFAST: Baked Apples, Cereal and Cream Potatoes, Omelet, Hashed Brown Potatoes, Toast, Coffee.
DINNER: Roasted Lamb, Potatoes au Gratin, Succotash, Lettuce, Cup Custards, Coffee.

To make apple tarts, roll the pastry one-quarter inch thick and then cut in five-inch squares and fill the centers with finely chopped apples. Dust with cinnamon and brown sugar and then wet the edges of the pastry with water, fold over and pinch closely together. Brush with water and bake in a slow oven for twenty-five minutes.

Dumplings With Beef Stew: Prepare to cook the stew in the usual manner and about twenty minutes before serving place in a separate saucepan.

- Two quarts of water, One onion, minced fine, Bring to boil, and now while the water is boiling place in a mixing bowl: One and one-half cups of sifted flour, One teaspoon of salt, One-half teaspoon of pepper, One level tablespoon of baking powder, One small grated onion, Two tablespoons of finely minced parsley, One-eighth teaspoon of thyme, One-half cup of milk.

Beat to mix and then drop from the tablespoon into the boiling water and cover the lid of the saucepan with a piece of cheesecloth to prevent the moisture on the lid from dripping into the dumplings. Cover and boil for fifteen minutes, then lift the dumplings and place as a border, then lift the meat and pour two tablespoons of gravy over each dumpling. Garnish with finely minced parsley.

Banana Fritters: Place in a mixing bowl: One egg, Two-thirds cup of milk, One and one-quarter cups of flour, Two teaspoons of baking powder, One-quarter teaspoon of salt, One-quarter teaspoon of nutmeg.

- Beat to mix and then add two bananas, cut in thin slices. Fold in the bananas, then fry in the usual fritter style. Drain on paper napkins and serve with vanilla sauce.
Vanilla Sauce: Two-thirds cup of sugar or sirup, One cup of water, Three level tablespoons of cornstarch.
Stir to dissolve the starch and then bring to a boil and cook for three minutes to dextrinize the starch. Remove from the stove and then cool and add: Two teaspoons of vanilla extract, One teaspoon of lemon juice.

Miss Alice Kelly (Fourteen years) 124 North Twenty-second St.

- Menu: Tomato Salad, Mashed Potatoes, Meat Cakes, Sliced Beets, Buttered String Beans, Bread, Butter, Coffee.
SALES SLIP: Three tomatoes, One head of lettuce, One-quarter peck of potatoes, Butter, One-half pint of milk, Two bunches of beets, One-quarter peck of beans, One-half pound beef, One green pepper, One onion, Milk and sugar for coffee, One package of gelatin.

MRS. WILSON'S ANSWERS

Dear Mrs. Wilson—I read your recipes with interest and I would like to know what you mean by marshmallow whip. You give it in a cake filling, and also what do you mean by sirup; does it mean maple? MRS. E. A. S.

I am very sorry, but you did not say what kind of sirup you wanted. Write me again and I shall be very glad to help you. For the chocolate icing: One and one-half cups of sugar, One tablespoon of cornstarch, One-half cup of cocoa.
Sift to mix and then use sufficient boiling water to make the mixture spread.
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TWO SUGGESTIONS HERE



Photo by Central News.

Two Minutes of Optimism

By HERMAN J. STICH. A GOOD business man does you think of yourself? Do you? Your best stock consists of your mental and spiritual assets. Are they as good as they ought to be? Why not take stock and see? Suppose you take inventory. Go down the following line. Mark yourself 10 where you are perfect. Appraise yourself proportionately where you are not. And see how you like it!

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR. Copyright, 1920, by Public Ledger Co. "We know all that, but who is she, who is she? Who are her family?" This was a question that Tony himself did not want to face, but he did so. "Her family are farmers, simple country types, but Charlotte is different. For answer his mother turned away and burst into tears. Tony written to break the news and have a talk over. He was conscious of the desire that his mother and father would both be home, and without stopping to get dinner, he jumped into a taxi, gave the address, and fifteen minutes later was stopping before a three-story brownstone house in the West 70s.

In Rio De Janeiro

From the Associated Press comes the word that the Near Young Women's Christian Association to be organized in Rio de Janeiro opened its offices there in the downtown section. United States Ambassador Morgan and other prominent American and British residents attended the opening. The association, which organized its first membership drive in July, started off with 937 members, including 100 Americans and as many British.

Rittenhouse Bros. "Penny Profit Meat Store"

Table with columns for meat types and prices. Includes Rib Roasts, Chuck Roasts, Hamburg Steaks, Pot Roast, Stewing Beef, Bolar Roast, Lean, etc.

BELL'S SEASONING advertisement with logo and text: "SAVE MEAT—SAVE MONEY. With every roast of meat, poultry, and game, and every baked fish, serve a STUFFING of BELL'S SEASONING."

Please Tell Me What to Do

By CYNTHIA. Anent Halloween.

Letters asking Cynthia about Halloween are referred to the Editor of the Woman's Exchange, who has such matters in her care. Only those letters enclosing self-addressed stamped envelopes will be answered.

Send Them Presents. Dear Cynthia—We are two girls of seventeen and we have been keeping company for about six months with two young men about three years our senior. These young men have been very good to us and have given us many nice things.

Now, Cynthia, we are perplexed to know whether to give them birthday presents, or just send them cards. If you have helped others, we are in hopes you will help us.

Send them birthday gifts if you want to. There is no reason why you should not do so, but do not send extravagant things, as it does not do to put others under obligations.

Suppose Mother Demands Ring! Dear Cynthia—Suppose a girl's fiancé was at war and died in the service. The girl intended to marry and to have a beautiful engagement ring. Now, after being in mourning for quite a length of time, the girl meets another young man and, trying to forget, has consented to be his wife.

Now the mother of her dead fiancé, who would be the correct thing for the girl to do? Should she return the ring? Could the mother force it back? What could be done in a case like this? The girl is willing to return it if it rightfully belongs to the mother. Thanking you kindly.

The ring belongs absolutely to the girl. She has no obligation to return it. Her father has returned. Having been separated from her by death, she has been free to marry. It is a different thing, then she should give back his ring to him, but under the circumstances she has no possible claim. Under no conditions, in fact, would the mother have any claim.

Talk With Him About It. Dear Cynthia—I have known a young man for over a year, but we are not engaged; that is, we have an "understanding," but we have not been married. I have made a public announcement owing to financial conditions on both sides.

There is no obligation to answer a letter. The girl is not obliged to answer unless this young man told his sister you were engaged to be married. Did you write the kind of letter that would call for an answer? You may have been holding out for him, and if you said nothing to make her think you would like to correspond with her, she may be holding out for you.

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WHAT'S WHAT



The jealous mother is more unreasonably selfish than the jealous wife. She is a self-tormentor as well as a source of mortification to the object of her exaggerated devotion.

A sensitive and high-spirited girl dreads an invitation to any gathering which her mother will not attend.

Make the costume of tarlatan, with a rather short skirt. Have wings of wired tarlatan on the shoulders and black slippers and stockings. A brown tarlatan with bright blue and gold on the wings would be striking.

Put lemon juice on your skin every night to whiten it, or one of the many foods and bleaches that are sold for this purpose. Drink plenty of water and be sure that you get lots of sleep, fresh air and exercise.

Massage given by a professional might make your lip smaller, but there is nothing else that can be done for it. Sometimes, if you remember to contract it a little when you talk or when you open your mouth at all, you can make it look less thick; but, of course, this is not permanent. Don't let it make you self-conscious or unhappy.

During the second winter of Abbot's tenure the house changed hands, and the mysterious visitor left the island and built a small cottage on the main shore. He lived until the following year when, on June 10, 1831, he was drowned while bathing in the bay.

The full extent of the mystery, however, was not discovered until after his death. Abbot had evidently been a person of highly cultivated mind and manners, a master of languages and deeply versed in the arts and sciences.

Monday—The Emperor Who Never Saw His Bride.

SHE AMBLES ALONG THE AISLE, KEEPING RIGHT IN YOUR WAY

Until You Feel That She Must Be Doing It Purposely—But You Always Discover That She Doesn't Realize It at All

OH, THERE'S a little woman—she's always little, for some reason or other—in your shopping crowd who causes a great many wrinkles and shattered nerves!

You meet her, or rather you come upon her, on the densest part of a large gathering around a bargain counter. You don't want to get at the bargain counter, because they are selling ivory toilet sets, and you have every bureau in the house supplied, and, anyhow, you know a place where you could get them cheaper.

You want to get past that counter and go back to the one where they sell such prosaic things as safety pins and sixty cotton—white.

The aisle is narrow to begin with, and the rows of women around this counter just about finish it up, but you have to have that cotton right away, and so you push on.

JUST as you get safely around a large woman, and pull your scarf back on your shoulder again, you meet—come upon—this little one.

She just appears, as if you had scraped her off the outside of the crowd. Then she proceeds calmly along the aisle, ahead of you—you couldn't call it walking.

You attempt to go past her, and with one foot planted a little ahead, you try to swing yourself around to it.

But the little shopper, neatly, without any apparent knowledge of your presence, swerves out in front of you, and you have to stop, almost losing your balance.

Then she halts for a vague moment to examine something, and you try again. "At last," you think, "she's anchored!"

Now, what can you do with a "victim" like that? Your glare melts and your evil intentions fade away; you tighten up your nerves again.

Ordinarily you are not of a criminal turn of mind, but at that moment you feel that murder would be too tame. And as you think these dreadful thoughts the little shopper turns and looks at you innocently, placidly.

"Oh, excuse me," she says, in a mild tone. "Awful crowd here, isn't it? They ought to make this aisle wider!"

But just as you get on a level with her she moves back into the place with just enough emphasis to knock you, but crooked and dislodged the package that you grasp with one arm.

Your strained nerves give way, and you stare down at her with a glare that would kindle a bonfire! That would kindle a bonfire!

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Advertisement for Grape-Nuts cereal. Text: "No Need to Sweeten Grape-Nuts. This wheat and malted barley food is naturally sweet, since twenty hours' baking and processing develop sugar from its own grains. Grape-Nuts is easily digested and has a rich flavor unlike that of any other cereal. It is healthful and economical. 'There's a Reason' Made by Postum Cereal Company, Inc. Battle Creek, Michigan." Includes image of Grape-Nuts box.

Advertisement for Louella Butter. Text: "Be Prepared! The icy winds and drifting snows are coming. Your body needs more heat and energy to withstand the rigors of winter. Particularly trying are the Fall days, with their varying temperature and weather. Are you equipping your body with the added resistance it will need to offset the sudden changes in weather? Butter supplies heat—eggs supply stamina. 'Louella' has a delicious flavor, seldom found in any other butter; is high in nutriment and unsurpassed as a heat generator for the human body. RICHLAND BUTTER lb 65c. Better than some dealers' 'Best'. BIG, MEATY, SELECTED Eggs doz 62c. 'Eggs you can be SURE of'. For your health's sake—eat more eggs. 'Asco' Stores are conveniently located all over Philadelphia and in the principal cities and towns of Pennsylvania, New Jersey, Delaware and Maryland." Includes image of Louella Butter box.